

|| From the mighty pen of Sanjay ||

# WORLD MOTHER SARASWATI

**H**indus in India and elsewhere start their studies or intellectual endeavour by adoring Saraswati. They regard Saraswati as the Goddess of Knowledge. The Sanskrit verse, which they generally recite to invoke the blessings of Saraswati, says: "May goddess Saraswati, who is white and bright as the flower jasmine, the moon, the dew and a garland of pearls and is dressed in white clothes and whose hand is adorned with the finest Banjo and who is sitting on white lotus and who is held in reverence by Brahma, Vishnu and Shankar, protect me from the worldly evils and dullness of intellect – by kindling the light of knowledge." This verse evidently points out that Saraswati had once attained and realised spiritual knowledge and hence is considered so powerful and proficient so as to remove any obstacle, put by *Maya* or *Karma* in the way of spiritual seekers. In this sense, she is the spiritual mother who nourishes other souls with the milk of divine knowledge, as a kind and loving mother protects and nourishes her baby.

The word 'Saraswati' means one who bestows her sweetness to any intellectual venture of any branch of knowledge. So many Universities or academies also have an image of Saraswati on their buildings or as part of their insignia.

It shows that originally Saraswati must have been conferred as a meaningful title on a virtuous virgin who attained unparalleled proficiency in Spiritual Knowledge and who was extraordinarily sweet in her temper and behaviour and who, in the manner of a spiritual mother, gave motherly love, affection and spiritual succour to humanity at large. Saraswati was, therefore, an attributive name given by a higher being in recognition of her spiritual enlightenment and eminence. That higher Being was 'Shiva', i.e., God, the Knowledgeful, who is the Creator of Brahma, Vishnu and Shankar, the triad, who also respected her for spiritual learning, profound knowledge enlightenment and sweetness.

The word, Saraswati, originates from the Sanskrit root

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#### "THE WORLD RENEWAL"

**INDIA** **FOREIGN**

Annual Rs.90/- Rs. 1000/-

Life Rs.2,000/- Rs. 10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,  
Shantivan-307510,**

**Abu Road, Rajasthan, INDIA.**

For further information regarding  
subscription, **please contact:**

**Mobile: 09414006904, 09414154383**

## GOD – OUR BEST FRIEND

The present day scenario as described by modern media is pitiable, especially when the young and old are exposed to the worst kind of happenings around the world. Every morning, and moreover every hour of the day, we are bombarded with news of war, death, disease, and barbaric, heinous crimes. Even the purest game of ‘Gentleman’s Pride’ i.e. cricket has shown nasty scenes of match-sport fixing involving some of the best known players/owners falling prey to greed for millions. The high-ups among the Central and State Governments too have shown their weakness for crores of rupees, some of which may have been stashed away millions in banks abroad. What kind of joy would they get on being exposed by the vigilant media? It is shame, shame, shame when they lose their chair or status, ultimately proving beyond doubt that money is not everything. For as long as their cases are discussed in Courts and reported by media, the general public would always try to avoid such ‘VIPs’ like the

plague... Even if they do secure bail from Court, their names have already been severely tainted and tarnished. What benefit have they derived with their deliberate indulgence in such immoral acts of money laundering and corruption? The global picture of human behaviour today is dismaying, inhumane, vicious, vulgar, brutal and surely leading towards destruction.

Post-indulgence in all sorts of shady and corrupt actions, when confronted by moral and ethical followers (in the form of courts and public agitations), and faced with the return of karma in the form of physical ailments, individuals start searching for peace and solace through divine intervention by visiting temples of Ganesha, Sai Baba, Amarnath, Vaishno Devi, and holy shrines like that of Khwaja Sahib of Ajmer. Even bhakti has reached its extreme and the distinguished members of the Religious Orders find themselves reasonably ineffective in providing guidance, strength and hope. This may be termed as the

extreme of irreligiousness, unrighteousness, lawlessness, violence and immorality when everyone looks up to the Divine, the Supreme, God: the final and most powerful source ever known in mythology and philosophy or by the human conscience to provide right guidance through the knowledge of Karma, and Power of Yoga to restore sanity and divinity to humankind. This has been promised by the Supreme Being, as clearly enunciated in the sacred scripture, the ‘*Shrimad Bhagwad Gita*’.

Those of us who have had the opportunity to go through the Bhagwad Gita would recollect lovingly how God, the Supreme Being, has been remembered through prayer in the very beginning of the Gita:

*“Tvameva Mata cha Pita  
Tvameva, Tvameva Bandhu  
cha Sakha Tvameva...”*

(Thou art our Mother and Father Supreme,

Thou art my true Relative and Thou art my Best Friend...”

We have repeated this verse and similar prayers, perhaps life after life, but yet drifted away from our Companion and Friend Supreme. **Had we lived in His nearness through friendship, vividly remembered as ‘Khuda Dost’ or ‘God, our Best Friend’ would we not have been coloured by His**

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**precious friendship?! Would we not have been saved from venturing down incorrect paths of life had we committed to this friendly relationship of trust, transparency and togetherness?**

*'A friend in need is a friend indeed'* goes the saying and God has definitely played His role as our Best Friend in the past, which remains embedded in our intuition and sub-conscious mind. That is why even if there are so-called atheists in our midst, they too search for the subtle and ultimate experience of His benign, incognito blessings...

May it be known to one and all that this is the most auspicious time when God Himself replays His role as our Best Friend, while simultaneously playing the highest roles of Supreme Father, Supreme Teacher and Satguru to the entire human race. His friendship enlightens us about His true identity, and His most unique ways of making us understand 1) the realities of life and death 2) deep secrets of Karma Philosophy 3) powers through the practice of Rajyoga Meditation and 4) deep insights into the Golden-Aged life of human beings as worship-worthy living deities of Satyuga.

The ceaseless stockpiling of nuclear weapons by different

nations and creation of other weapons of mass destruction, combined with destructive environmental cycles through climate change are not without reason. This planet has become too polluted (physically and spiritually) and unworthy for us to enjoy optimum health, wealth and happiness. **The great transformation i.e. purification of human souls and the five elements at this juncture of the World Drama Cycle is eminent.** Why? It is so because God, our Best Friend, wants us to live contentedly with the best of health, complete peace, wisdom, joy, abundant wealth, and pure natural resources.

God's friendship has been experienced as the most powerful motivator that aides us in thinking about all aspects of human endeavour. **It bestows a totally positive vision towards life and relationships, and empowers each individual to live firmly by moral and spiritual values** and thereby never get tempted by lust, anger, greed etc., which have always proven to be the worst enemies of humankind. Religious Founders, Prophets, and Gurus have repeatedly drawn our attention to shun ego, anger, lust and greed and other fragilities as witnessed very

clearly in our prayers during congregations in temples, mosques, churches, synagogues, gurudwaras or individually in silence and contemplation. But what a wonder that we, from different faiths and denominations, have always found ourselves incapable of living by such beautiful, elevated ideals or giving structure to our prayers in practical life. This is the crux of humanity's physical, mental and psychological suffering. We are at fault of acting and functioning against our deep-rooted inner conscience for centuries after centuries, but now is the time to hone our inner beings and lifestyle with the truth par excellence as taught by our Best Friend, God the Supreme.

Let us rise and awaken fully to live our lives as angels-on-earth, '*Farishte*', the very near and dear ones to God Himself. Let God's highest spiritual company as *Khuda Dost* uplift us souls to the highest stage of spiritual enlightenment. Let us become Light Houses and Might Houses to remove the darkness of ignorance and negativities from the globe, and usher in the new golden era marked by truth and happiness forever and ever... This is what God, our Best Friend, wishes for all of us.

– *B.K. Nirwair*



## KHUDA DOST – GOD IS OUR FRIEND

– B.K. Dan, Australia

Friendship is perhaps one of the most natural parts of human life. The old saying “No (hu)man is an island” is intended to reflect our inter-connectedness. So what is it about friendship that makes it such an integral part of most people’s lives? For many people their friendships are both their greatest source of happiness *and* their greatest source of sorrow and distress.

For those who meditate it is often thought that this kind of fluctuation which friendships appear to cause can be reduced, if not completely removed from our lives. Some philosophies teach the only way to remove this fluctuation is to remove all friendships, that is to step away from living in the world. However, there is a middle path. This middle path is one of **self-understanding, and learning to manage my own mind and inner world.** When we start to explore our inner world we can also open ourselves up to ‘Khuda Dost’, and discover the best friendship a human soul can have: our friendship with God.

Many of us would love to have a friend who doesn’t judge us based on our appearance, religion, nationality or job title. Someone who just sees straight

to the heart of us and helps to really bring out our very best - this is exactly the sort of friendship God is offering. It is such an inclusive consciousness to have. Every human soul, irrespective of the race, religion or gender has a right to this friendship. As souls, without all the external labels, we are one human family i.e. the children of the One eternally positive parent.

Our connection to God is spiritual and internal. It is our life in the physical world that has taught us to focus on differences, separation and division. Thinking in this way builds a world of boundaries and divisions, both physically and in the psyche of human beings. Eventually that thinking transmutes into people’s feelings, and even with the largest ever population on the planet we have a world where many people feel lonely and isolated.

Through meditation we are learning to build and deepen our friendship with God. This can easily be neglected in a world that has become so busy and focused on external achievements. As this friendship grows so does our connection with our own spiritual values - love, honesty,

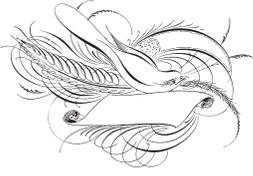
peace and happiness - that are in the heart of every human being. Like a loving smile, these qualities are something universally valued by all human beings. They are something that unifies humanity and breaks down barriers and separations.

Actually, it is because of these barriers that some people may even choose to keep themselves separated from this friendship with God. However, everyone enjoys being with friends when they are happy, appreciates receiving their love and respects them for being honest with us. Since God fills us with these qualities in meditation, our friendship with God improves all of our other relationships. Even if others don’t want this connection, they will still like the result that we get in our own lives and so have increased value for the friendship we offer them.

It is the wish of our friend God to put the pieces of our hearts back together, and the wish of God the Father to put the pieces of the world of separations and divisions back together to reunify humanity.

***“When we are full we give, when we are empty we take - this is human nature”***

(Dadi Prakashmani: Jewel of light). The more we use our own minds to connect to the light, might and goodness of God the friend, the more fulfilled and generous our own hearts will become.



# “I”

**‘It’s Time©’ by Aruna Ladva,  
B.K. Publications, London**

**T**his single letter word has caused the downfall of many an empire. Although the letter looks insignificant and isolated and we may even feel sorry for it, yet this small word can carry such a huge weight of ego that can swipe and kill anything in its wrath. It’s important to be aware of the ramifications of the word “I” so that we are not deceived on this spiritual journey. Conquering the false “I” is one of the first and last things that a yogi must do.

The world of trade and commerce revolves round defending and buttressing the existence of the physical “I”: fashion and design, stock markets, food industry, technology etc., each one of these calls out to the Ego of body-consciousness by creating an atmosphere of competition, desire and fear, in which countless billions of dollars go down the drain. Needless to say, very little attention is given to the development of the real “I”.

Every time I use the word “I”, do I stop to consider which “I”, am I referring to? The word “I”

is used to define the self – but which self are we referring to? Is it the one we see in the mirror, the “I” of the physical form, or the one I feel from inside, the soul, the real essence of who I am?

On the spiritual journey, our aim is to dissolve the body-conscious ego and turn it into pure, untainted self-respect. But that will only happen when I get to know myself as a soul – a being of light and might and virtues. It’s an illusion to think that I am just this physical form of flesh and bone that will one-day turn to dust or ashes. To associate oneself with the physical “I” is the biggest mistake we have made in our lifetime.

Many philosophers have spoken about the “ID” and the Super Ego. Raja Yoga simply speaks of our return to the pure I, the pure consciousness, and the pure essence. This is the state in which I re-discover myself as an original being, unique, and beautiful, irrespective of the colour of my “costume”.

Although we understand that

we have to have our physical needs met such as food and shelter – as described in Maslow’s hierarchy of needs – yet we continue to confuse the needs of the body with the greed in the soul. The false “I” is the mistaken belief that I am what I have (a body) or what I do (my roles in life). What we have forgotten is the life-force within the body that makes it all tick! This, in a way, it is similar to focusing on the fancy mobile phone but forgetting that it is useless if it is not charged!

To make matters worse, we alternate the “I” with the “we”. This is a clever way of concealing the ego. We say that “we will do it”, when it’s really “I” that wants to do it and claim all the credit. It’s the false “I” of pretence; poor and false humility. Because the conscience knows it’s on an ego trip, the false “I” involves an accomplice in its desires, in order to appease itself.

Saying “I”, from the heart and feeling the deep qualities of the self is quite different from focusing on the physical certificates of a profession or a socio-personal status. Wouldn’t the world be a different place if we related to each other through our qualities and not our status or profession?

I have forgotten that earlier when I used the real “I”, I was

in fact the master of my senses; I was telling *them* what to do! But now I have become the slave, the five senses are *my* masters, telling me what to eat, see, touch, taste and smell sometimes against my better judgement.

With every thought that is created due to the pull of the senses, I become body-conscious and with every thought based on my innate virtues of peace, love and truth, I am reinforcing soul-consciousness. With the world pulling our senses more and more, we have become accustomed to thinking that we are simply the body! The mind will believe whatever you tell it. As I lose sight of the truth of the soul, I also lose the power that goes with it, the unlimited nature of this power, and so start to believe that my power is limited to my physical body or the strength that results from position and status.

Imagine a world where the “I” of the ego is replaced with the real “I” of true self-respect. The real “I” would not feel the need to compete or seek to defend itself against perceived threats from others. The real “I” would not feel the need to turn inner pain into aggression and violence towards others. It would not be at the mercy of its own emotions or the negative energies around it, but would indeed be the master of its own destiny. The law of this world would be love and not fear.

**It’s time...** to sit quiet, to play some soft music and to remind the self that I am a pure and peaceful being, a being of light and truth. I am the master of this body; I get in touch with my core, the purest part of myself that is untouched and uncoloured by the outside world. From my seat of self-respect, I can then tell my senses, who the Boss is!

## DIVINE WORLD MOTHER – “MAMMA”

– B.K. Shradha,  
Kandivali (W), Mumbai

Radhe, a bright divine soul  
Stepped in the world of Godly wisdom  
Though at quite young age  
Sparkling divinity on her face  
With her, began a new phase

Left a legacy of love and care  
Taught us all, Godly treasures to share  
Her walk, her talk, her words, her thoughts  
Even inspired the aged a lot!

Love in heart, silence in mind –  
The way she heard versions divine  
Churning knowledge day and night  
Explained each point with authority and might

Her intellect so pure as a divine vessel  
Her heart so loving, a mother’s blessing  
Her eyes full of God’s Light, so fiery  
Memory so sharp, she never needed a diary!

‘Mamma’, she was called by everyone  
Every battle with *maya* she won  
She nurtured kids, taught them to be clean  
Stressed purity of head and heart, she was  
pristine!

First in the race, she reached her aim  
She inspired us with love to win the game  
Empress of new age, perfect and complete  
We salute you and with all the heart we greet!

# ‘WORDS OF WISDOM’

(Cambridge public programme

29<sup>th</sup> April 2013)

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris

**T**here’s a lot of benefit if we understand the answer to the question ‘Who am I?’ It is interesting to note how I, the soul, make the body function. I need to recognise myself as a soul, the driver of the vehicle. This body is my car. A driver always drives carefully and is aware of the need to reach the destination on time. Go deep inside and recognise who I am. Become introverted. We are now sitting her, pondering on this topic, quietly and peacefully. This is wisdom.

Secondly, in life, there is need to be aware of to whom one belongs. In a spiritual sense, it is the One who is quite separate from all human souls, all messengers and prophets. I belong to the One who is loved by everyone. People ask: What is love? They are hungry for love and thirsty for peace. You can experience peace only when you recognise who you really are. Only then one can pay attention to who is mine – the Almighty Authority, the Supreme among

all souls. He is the Ocean of Knowledge, Peace, Love and Bliss and He is mine. He is my Mother, Father, Teacher, Friend and True Guide.

## **WE NEED TO LIVE AND WORK WITH PEOPLE.**

The most rewarding way of living and working with people is to maintain an attitude that everyone is good. If God is my Friend, that makes everyone else my friend too. Understand one thing very well. Once there’s double victory (V+V), you’re able to have wisdom (W). W stands for wisdom and not ‘why’. Don’t keep asking why, why, why? People are constantly asking questions and crying out in distress. Our language is quite different; it is filled with pure feelings. Are you able to catch the vibrations of pure feelings? By asking questions we just waste time.

I, the soul, have found God, the Father and have received so much happiness and power from Him. Any internal deficiency causes sorrow to

the self. Weaknesses are caused by desires and attachment to relationships or to things. So desires and attachment are the root of sorrow. I’m a child of God. God is giving me this wisdom. I’ve made God my companion, so I’m not alone in my relationships with others – I have God with me. I, the soul, may seem alone but I’m combined with God. I, the soul am free – a carefree king. Not careless but carefree – by being careful. Experience wisdom through love, and stay carefree – no matter what your health is like. This is also wisdom.

When my Teacher is also my Friend, it’s easy to learn from Him. He is the Almighty Authority and He wants us to have all His powers. We talk of eight powers – the power to tolerate, to merge, to pack up, for example – these are all things of wisdom that prevent us from going into the expansion of anything. Isn’t one considered wise if one can attain something in a short time?

People read different scriptures to find God, but I read the Gita. They want to attain the divine eye to be able to see and the divine intellect to know and understand. In order to see a thing in the true sense, one needs understanding. We have

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inner wisdom to 'see' because God gave us this understanding that we belong to Him. It's easy to have that particular feeling of belonging.

I had very little formal education. I don't have any money, yet I travel around the world. How? It's His wisdom that makes it possible. This is true income. No need to invest money in the bank, just stay carefree and don't perform any action that creates burden on the self.

I may find blockage in the heart that prevents me from doing what I want to do. I may cry out in distress and feel incapable and disheartened. But if I have God with me He becomes the Surgeon and opens the arteries of the heart so that I have enthusiasm and inspiration to perform good actions. One is strength, the other is the power. Human beings depend on four things: body, mind, wealth and relationships. These are the basis of everything. Whilst having all of these, let me be able to remain content—free from any desires. Take with one hand and give with the other. The head, hand and heart are all at different places. When the intellect is clean and pure, you perform righteous actions, as a result, the heart is happy. They don't teach this in the university, do they? Learn

to do your accounts in such a way that, without any worry, you're able to use wealth in a worthwhile way. I don't need wealth to be able to make my mind happy. With simple food and simple clothes, the body stays well. I don't need anything as I am content with the virtues and powers within the self. There's royalty, because there are no desires. When God sees I have that royalty and am real, He becomes very happy with me. With such an intellect, wisdom and determined thoughts, I'm able to experience happiness in the mind, the body and in all relationships.

People have four weaknesses: 1) telling lies and being afraid of telling the truth, 2) stealing even when one may not need that thing 3) cheating: showing one thing externally and internally doing something else and 4) defaming others. Most people have done this during their life; often putting on a show to look good in front of others. Defaming is very dangerous and causes a lot of damage. I've learned that I'm my own friend. I don't want to make the mistakes that will make me my own enemy.

My wisdom lies in my being the *Companion of God*. Make God your Friend for a short time to start with; then with that experience you'll want to do it forever. Being my own friend

keeps me away from any bad habits. With God, the Almighty Authority, as my Friend, I experience power in myself. *Have meditation with the awareness of being God's friend. Who am I, who is that One, who are all of us here? We belong to the same One. Have attitude and vision filled with love and honesty and feel the power of truth...*

...This is Raja Yoga meditation, which makes the mind and senses so peaceful. People generally meditate with their eyes closed but we keep our eyes open. The attitude inside is very pure, the mind peaceful, the intellect is working well—it doesn't have anything wasteful inside, because of the relationship with God. Some say they are not able to meditate. Why not – what's stopping you? Realise: I am the master—a child of God and my own master. This awareness is so firm within that even if I were to die now; I would not feel any sorrow through attachment to things that I think of as mine. There's no pull. My mind, vision and attitude—all give happiness. There's no fear of anything, no matter what happens. Physically I'm 97, I've been on the path of Raja Yoga for the last 77 years and have experienced many things but I'm still not afraid of anything. God has given such wisdom that

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when we perform righteous actions, there's no fear of anything. It is only when we do something wrong that there's the fear that something will happen.

Because I've not wasted time, money or energy, I've been able to accumulate power within the self. From God we receive the power to finish our weaknesses and also the power to live together happily. I may be sitting far away but the words that emerge from the self are filled with wisdom. There's no ego about the wisdom that God is giving. We just know that this wisdom makes our vision divine. This is what God has been teaching us. This is the homework I give all of you. We study for an hour every morning at the centres. We need to give ourselves that one hour. Someone asked me 'For how long will your study continue?' I'm going to study till I die. In fact I don't teach; I'm just studying all the time. When I meditate in the early morning hours, I receive power from God. Some people need cigarettes and coffee as soon as they wake up. They want different types of food everyday – one day Chinese, another day Indian, etc.

Wake up early and connect with God. People ask us : Why do you have to wake up at 4 a.m. and not late? At 4 a.m. we say good morning to 'Baba', our sweet Father, God. There's an especially sweet feeling connecting with Him in the morning. The morning time is the time of nectar. You can then start doing what you need to do after 5 a.m. but first connect with God and keep your mind free.

In India there's a character called Ravan, the ten-headed demon. They burn Ravan before Diwali and this brings a lot of happiness. Why does he have ten heads? They represent the five vices in every human being – five in men and five in women. The five main vices have five subtle companions. By having a connection and receiving power from God, we are able to conquer those vices. Take Anger, for example; I may speak sweetly most of the time but if I get angry just once, the effect of that won't be forgotten by others for six months. Never get angry, or no one will be able to experience the love from you or for you. Who would come and see me if I sometimes get angry?

There are a number of

subtle vices. One of these is jealousy... Many people have jealousy in them. It is important to appreciate what one has instead of being jealous of what others have. Jealousy makes you unable to bear others' happiness. Let us be contented with what we have. I don't need anything; I'm just happy that God has given me enough within my own self. I don't want to look beautiful or have a big home or a smart car; I have enough. If someone is jealous of me then let them take whatever I have. Let me just perform good actions and earn my own fortune. Another subtle vice is laziness. People don't make the best use of time to become good, to develop the self in a righteous way. Rather than focusing on internal beauty, they go to beauty shops. Here you don't have to pay money – everything is free of charge and you don't have to go anywhere else. Laziness brings the habit of making excuses. If you are careless or lazy, you will give excuses. If you are careless or lazy, you will give excuses. If you are constantly carefree, there's no burden of anything. So, let me perform good actions and help others to do the same. Let me experience happiness on seeing others happy. ●

# COMMANDER-IN-CHIEF OF SHIV SHAKTIS – MATESHWARI

– Dadi Kamal Mani,  
Krishna Nagar, Delhi

[Dadi Kamal Mani is one of the prime jewels (Aadi Ratan) of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya established by Incorporeal God Shiva through the medium of Prajapita Brahma. She received the divine sustenance from Brahma Baba and Mateshwari Jagdamba Saraswati. She is presently at Godly Service in East Delhi. – Editor]



everything else for us.

## **BIG TASKS SEEMED EASY**

During those days I used to live at the Gurgaon Centre when Mamma once told that she would come and stay at the centre for two days. I was happy but being quite junior in Godly Knowledge I mentioned, “Mamma, I am a junior and won’t be able to prepare myself for such a big event.” But Mamma said smilingly, “No one is small for any work. Only one’s determination and dedication makes one successful or otherwise. Didi Man Mohini is there to help you.” Mamma thus gave me a lot of encouragement and came to stay at the centre. This big task was made easy as Mamma did a lot of Godly service in two days, which not only gave us experience but the Godly service done by Mamma opened many new opportunities for us in this field. Mamma’s service and style taught us how to become like her.

I am a multimillion fortunate soul for having received sustenance from the spiritual Mother and Father as soon as I took my spiritual divine birth in 1937, at the tender age of 7, in this auspicious Confluence Age. Through Brahma Baba, Shiv Baba opened a spiritual boarding school for us little children, named “Om Niwas.” Our Godly childhood was spent in spirituality and divinity.

### **FIRST MEETING WITH MAMMA**

My first meeting with beloved Mother took place at Om Niwas. Her name at that time was Om Radhe. Looking at us little children, Mamma said, “You children should not wear the coloured clothes brought from your homes now. You need to wear white clothes which have ‘OM’ embroidered on them.” We were very pleased that

Mamma was dressing us up in these ‘OM’ dresses. “Why do these dresses have ‘Om’ on them? We are ‘Om’, that is ‘We are souls’ and so we should maintain this awareness.”

Mamma taught us how to take down points from Baba’s Murli, i.e. God’s most elevated versions. Mamma compiled many notebooks in Sindhi on the points of Godly knowledge, which were very useful in Godly service later on. Along with Godly knowledge, Mamma taught us how to carry out many tasks of the yagya like cooking, washing clothes, mending shoes, stitching clothes etc. She made us experience all physical chores. Despite being ignorant and unskilled, we learnt the lesson of ‘Yes’ (“Ha Ji”) and this simplified

## ENSURE NOT A SINGLE SOUL REMAINS DISCONTENTED

I once told Mamma about a brother who would get very displeased over trifles if we didn't listen to him and do what he wished. Mamma said, "Listen, if you were to give a thirsty person 36 types of food instead of water, would he agree to accept? Therefore, you should keep this soul's *sanskars* in mind, accept what he says and make him content." Mamma named him 'O.K.' (okay). The brother developed a lot of love for Mamma and being called 'O.K.' became 'Okay' in reality, i.e., he transformed his nature. Mamma's words became a blessing for him.

And so, Mamma – Vardani, Trikaladarshi and Vishwa-Kalyani – demonstrated to us the way of uplifting all souls of the world.

Keep your sub-conscious mind clean. Your sub-conscious is subtler than the mind and the intellect. If you keep the defects of others in your sub-conscious then the rubbish and the mess will not allow you to focus or concentrate.

## GODDESS OF KNOWLEDGE

– B.K. Yogesh Kumar,  
BK Colony, Shantivan

O Mateshwari Jagdamba Saraswati, the world mother  
You're goddess of knowledge and virtuous harbinger  
Ever-glorified is your role in World History  
Scriptures are filled with your pristine glory  
A flowing river of divine love, though incognito  
Bestowing Godly knowledge was your motto  
Devotees and students sing your glory, seeking wisdom  
An apostle of power, you inherit Golden Aged Kingdom  
Eyes shed joyous tears, in your sweet memories  
Souls still get mesmerized, listening your divine stories  
In a second, recognized God, and made life's decision  
Followed *Shrimat* with sanctity, sincerity and precision  
Lived an exemplary life with Godly reflection  
Radhe became Mamma with purity and perfection  
God Shiva – Sun of Knowledge, Brahma Baba the moon  
Adherence of *Shrimat* made you bestower of boon  
Played the banjo of knowledge, thus, called Saraswati  
You are Minerva, You are Amba and Adi Shakti  
Aspirants' apron filled with simplicity and sanctity  
Innovative and unique was God's path of Purity  
Sisters and mothers fearlessly followed Godly advice  
Conquered all vices – Lust, Anger and Avarice  
In the court, presented Godly versions so authoritatively  
Even the judge went clueless, such was thy divine clarity  
Many got transformed just through your pure vibrations  
Your sincerity, Godly remembrance won all situations  
Faced a terrible disease yet kept giving divine sustenance  
Luckiest are the ones who got your motherly fragrance  
Left mortal coil on 24<sup>th</sup> June, 1965, at very young age  
Still do Godly service, incognito, on world stage  
Your sweet melodies, memories remain fresh forever  
Golden Age to dawn soon, through your constant endeavour!

# GREEN FIELD

Interview with:  
B.K. RAJU, Shantivan



**S**pirituality and concern for the environment go hand in hand. Living simply, wasting nothing and showing respect for the environment is one aspect of this. There is an abundance of advice and information available nowadays showing ways to save energy and money in relation to ecology. Apart from saving of energy, spirituality also involves the generation of energy, an aspect that we hardly ever consider available to us, individually or collectively. How is this possible? Few of us are aware of the impact of our thoughts on matter. It has been found that positive thoughts can change water quality, seed germination and growth and development of crops and plants. This unique aspect of using meditation in the agricultural field can bring clean, economic and social benefits to small holder agrarian communities. With this aim, the Rural Development Wing (R.D.W) of the Brahma Kumaris has taken the initiative in conducting successful field level experiments in what is called ‘Sustainable Yogic Farming’; an innovative concept

that involves the practice of Raja Yoga Meditation together with the application of organic manures and bio fertilizers on field.

B.K. Raju, the coordinator of the Rural Development Wing, explained to us, how the application of pure and positive subtle energy of the mind, has a profound impact on farming.

**Q.** For three years now in Tapovan Farm at the foot of Mt. Abu in Rajasthan, an agricultural method is being used via experimentation of Rajyoga meditation. Could you tell us how this works?

**A.** Rajyoga is a method in which we utilize the power of our thoughts. Through Rajyoga we gradually attain elevated and pure thoughts. By channelizing this powerful thought energy or vibration onto the field, there can be a lot of positive impact on the plants.

There is lot of power that can be given to the plants and they are capable of receiving such power. We give this power through meditation and plants respond very well to that. Various members of the Rural

Development Wings are experimenting with the power of yoga on the plants and the practical result of this is also visible.

**Q. What is the outcome you have seen so far?**

**A.** We apply Rajyoga as an addition to the usual organic farming. In some cases that involve sugar cane, turmeric and wheat, we have even seen 50% more yield in the yogic farming, as compared to the organic farming.

**Q. Has there been an in-depth research on this?**

**A.** A number of scientists are involved in this yogic farming and have come up with wonderful results. A systematic study on the consequences of ‘perpetual yogic agriculture’ by means of scientific research is being carried out. S.D. Agricultural University, Dantiwada (Gujarat) is following the project under a Memorandum of Understanding (MOU) for 5 years in order to conduct research on the role of meditation together with organic

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inputs, on the productivity in agriculture. The main scope of the MOU is to develop and test the application of meditation on organic farming modules for various crops, study the effect on soil, micro flora, and study the restoration of soil fertility and consistency in the levels of productivity. The research is going on and we can give out the results only after 5 years as we have just completed 2 years till now. We can arrive at a concrete evidence only after 3 more years. The conversion period for the organic matter is 3 years.

**Q. Is this method applied during the process of treating the plants or is it a separate time you do this type of meditation?**

**A.** The seeds, that are about to be sown, are first exposed to meditation. They are empowered with the pure vibrations of Rajyoga meditation and then they are sown. Whilst watering, hoeing, weeding etc., we suggest to the farmers to remain in a state of meditation as this will positively affect the farming.

**Q. Does the farmer need to be a yogi or anyone can do this?**

**A.** Anyone can do this yogic farming; the only thing that is needed is positive and elevated thinking. The mind should be positive enough to enable it to meditate. Where there is no

hatred or animosity towards anyone, then the loving and positive vibrations make the whole system of yogic farming work. We provide training to the farmers and ask them to start on a trial basis and continue with that. We advise farmers and, in general, people to experiment at their own places by giving positive vibrations daily for 5 minutes. A lot of farmers, around 400 farmers all over India, are practically applying Yogic Agriculture.

**Q. Does the application of yoga power result in a more healthy production?**

**A.** It is a cycle that starts early from the seed stage when we empower the seeds through the practice of Rajyoga Meditation. The seeds are activated and the growth that we observe right from germination is quite good. You can see the plant growing well in terms of its greenery and the harvest is very good in terms of nutrients.

**Q. How does this food affect us?**

**A.** Food affects the body and the mind. 'As the food, so is the mind and as the mind, so is the body.'

**Q. What could this thinking approach teach us about our relationship with nature?**

**A.** The whole world is dependent upon three basic powers: the energy of power of the soul, the Supreme Soul and that of Nature. These three are

interdependent. As is the state of the souls, so will be the state of nature. As the power of the soul degrades, so does that of nature. This is the basic relation. It's time now for us to empower ourselves with the power of the Supreme so that we act more out of compassion, peace, patience and respect rather than trying to exploit nature out of selfishness and greed. The divine Supreme energy will restore the original balance and harmony within the nature and humanity.

**Q. People in the West are not used to this kind of understanding. The impact of the power of thought in the way that is described here might appear a bit difficult for people to perceive. If we transfer this to our everyday life, how our awareness could be changed according to this understanding?**

**A.** We advise people to firstly obtain knowledge of meditation and of the soul. By knowing and realizing the actual self, the actual form and the actual power within ourselves, we can proceed with the experimentation of such subtle powers. There the success story starts.

To know more about Yogic Farming visit:  
<http://www.yogickheti.com/>  
(kheti means field)

# POSITIVE THINKING AND GOD'S HEALING POWER

– B. K. Surendran,  
Bangalore

**N**owadays people in general have accepted the importance of positive thinking. People are generally aware that they should be conscious about the quality of their thoughts because negative, wasteful or vicious thoughts may lead to many kinds of physical, mental and social problems. A thought is the seed of action since everything in the world begins with a thought. If the seed is not good, the yield is definitely going to be very poor. Even doctors advise their patients to make positive affirmations and explain the effect of thoughts on internal as well external health. It is not simply the medicines that help but the thoughts of the patient are also equally important in quickening the healing process.

## **THINK POSITIVE**

However, our own experiences in life show that it is not that easy for us to think positive at all times. As we have become habituated and addicted to having negative, wasteful and vicious thoughts, there is a

constant struggle between negative and positive thoughts. However, we need to understand that if we want to be peaceful and happy; if we want to have clear, creative and tranquil mind, disease-free and healthy body, harmonious and loving relationship, then we must take this responsibility. It will also help the society to be organised, just and peaceful and the environment to be clean, harmonious and balanced. We are responsible for creating our mind-sets, our relationships, our society and environment. In fact we are the creators of the world situations. If we want to be happy and successful, then we need to create thoughts of positivity, stability and enthusiasm. So, we are responsible for creating happiness on our path of journey.

## **God's Remembrance – Absolute Elevated Thought**

We can stop negative, wasteful and vicious thoughts by consciously creating

positive, pure and elevated thoughts. When we start thinking of our own innate goodness, about our own seven core virtues, we start generating pure thoughts. Also, thinking about the attributes and acts of God, and our various relationships with Him helps to cultivate elevated thoughts. We start not only to elevate ourselves but we also benefit the world and positively influence the nature.

Normally, people remember God when they are worried or in a crisis. Such remembrance is not a positive thought, but a melancholic lamentation. Many people lament over their fate and blame God for all their miseries. But, the remembrance of God becomes a positive and elevated thought when we remember Him with love, reverence and happiness. Such a thought becomes an elevated thought which connects us with God who is ocean of purity, peace, happiness and bliss. This kind of remembrance of God generates super-sensuous joy. Super sensuous joy is a pill, covered with a pack of purity, peace, love, happiness and bliss. This has the unique capacity to not only heal the mind of all its wasteful, negative and vicious propensities but also empower it so that it can generate positive, pure and elevated

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thoughts. When we think of God, His power flows into our being which becomes a curative force that begins to heal the self, its relationship with the human environment and also the natural environment.

**Consider the following points of knowledge to create positive, pure and elevated thoughts.**

1. Each person has his own unique way of approaching and doing a work. We must safeguard ourselves from the negative thoughts and vision influencing our performance.
2. If some people find it difficult to cooperate with us, let us try to show them by example and cooperate with them. We should be flexible and ready to change when needed.
3. Easy nature makes the self and others easy. Accept things as they are without trying to change them. Allow yourself to just be. Just go with the flow.
4. Visualize images of a positive future. We must stop listening to the fears, doubts and limiting beliefs and have more self-belief. Visualize and believe in the best.
5. Let us not place limits of 'I cannot', 'It is impossible'. Have positive affirmation like 'everything is possible', 'I can', and 'I will'.

6. Do not hurt yourself and others, by holding on to past events and situations. 'Let go and let be'.

7. Self-education is indispensable. Steal some time every day for self-improvement as a necessity. Have company of good people who support you in your efforts for a positive change in life.

8. Have a strong sense of gratitude by focusing on what you have rather than on what you don't have. Count your blessings and see more beauty in your life.

9. Time is wealth, time is life, and time is opportunity. Let us realise the importance of every moment of time and make the best use of it.

10. It is said that failures are the stepping stones to success. Failures allow us to introspect and become bold, active and vigilant. Learn from failures and continue self-improvement.

11. Inspire everyone with our virtues and give them an experience of love, peace and good wishes. When they experience our virtues, they will be willing to bring about change quickly.

Rajyoga meditation consists of a series of positive, peaceful and powerful thoughts which

connect us to God. The understanding of the self, concept of God and ultimate communion with Him stimulates the creative energy of mind and replenishes both the physical and emotional energy. It helps in the healing process thus contributing to the overall well-being – physical, mental, social and spiritual.

**UNHEARD SILENCE**

**– B.K. Kristina, USA**

Too much of this life has been lived unconscious

Have I ever really witnessed its fullness?

Constant chatter and distractions galore

Mindless matters, and minding them more

Skipping from the automatic and jumping to the next

Missing the timeless exchanges and forgetting the context

Silence then prevails and debris does it clear....

When I listen that the wisdom can appear

How much would the world be free and problems solved

If one be mute outside, while conscience resolved!

(Contd. from March issue 2013)

## “ON MY JOURNEY TO HEAVEN”

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– B.K. Ramesh Challa, Milpitas , USA

When I reached Hyderabad, I was expecting a lot of questions from my family about my absence for three days. I sought Baba’s help to manage the situation. Surprisingly, no one asked me anything. I wanted my family and everyone in the town to know about Incorporeal God Shiva, whom we lovingly call Shiv Baba, and get enriched with the jewels of His knowledge. My trip to India was scheduled only for three weeks. So immediately after reaching my home town, I started to locate the nearest center. The closest center I found was at Kothagudem, about 70 km away from the town. I knew it was not going to work if I tried to take my family every day there to undertake the Seven-Day course. I visited Kothagudem to meet one of my relatives and went to Baba’s center as well.

There I met Sis. Maheswari, centre-in-charge, a sweet and very powerful soul, who introduced me to BK brothers and sisters. After the Murli class, I asked Sis. Maheswari

why there was no service centre in my home town. She assured me that she was ready to start the service at Sathupally in case she could get support from the local people. Then quite promptly I replied, “I would make the arrangement”. I had no pre-thought to dare start such a task and that too when I had only seven days at my disposal. I returned to my place with this task of making the arrangements only in seven days. It was already 2nd August. I had to leave my home town on 9th August, to attend visa interview on 10th-instant and take a flight to USA on 12th August. A two-bedroom flat was vacant in my home and I wanted to offer it for service. But my family members turned down my proposal straight away. I had been away from my home town for many years; hence, I was not sure as to who could help me in this situation. I remembered one of my uncles whom I gave a ride in my car just a week back. I came to know he was doing some social service by running an NGO with a teacher and a librarian. I

called him and we decided to meet in a public library.

I did not know how to convey my thoughts to him so I invoked Baba to help me. I did not really know what I spoke for the next 45 minutes. But my zeal and enthusiasm for a good cause impressed them and they agreed to join me in this mission. We wandered from pillar to post in search of some suitable place for our purpose as our plan was to conduct an introductory seminar on Rajyoga meditation and then to enroll people for the course. We found a school which had a big demo room with a built-in projector. We spoke to the Principal who agreed to provide the facility. We published the pamphlets on 3rd Aug and distributed to all the residents in Sathupally with the newspapers the next day. The seminar was to be held on 5th Aug 2011. We publicized the event on the local cable channels. Somehow the seminar was conducted and it was attended by 120 souls. We made announcement for the foundation course to start on 8th August 2011. Eighty souls got registered for the course and I convinced my family to conduct the course at my home. But, the second day while the course was going on, I left for the visa stamping, scheduled for the next day, i.e., 10th August. I was not

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happy as I had to leave the task unfinished. I asked Baba if it was my mistake to leave the task half done.

I went to the Consulate the next morning at 8.30 a.m. The Consulate Officer browsed all my documents and demanded some more information before providing me with a visa and now there was no alternative but to go back home and bring the information required. My first reaction was, “thank you Baba”, as I knew why this was happening. I was asked to provide very basic information which was already mentioned in my application. I returned home with a sense of joy and relief and sent an email to Sis. Kusum, USA, how it was all Baba’s plan; and I would join her back very shortly. She was amazed by the faith and confidence I had shown in Baba.

After reaching home, I started searching for a new home for Baba’s center without wasting any time. It was not easy to convince people and get a home for a meditation center. We had to struggle a lot and move from one street to another to find a suitable place for the centre. Simultaneously, Seven-Day foundation course, which was being conducted at my home, was completed. We

approached a school and talked to the principal after coming to know that he knew about the Brahma Kumaris because he had already visited Mt. Abu. The principal offered a Kindergarten class room for Murli classes but for the time being only. We started Murli classes in the temporary location by the end of August but continued the search for a permanent place. I was a bit concerned as we were still far from success and Visa status was also still pending.

Now we gave this task to Baba again to show us a home for the center. We already knew that the miracles happen by the intervention of the Almighty. By 1st Sept, through a sweet sis., Baba showed us a home, right across the street, exactly opposite the school where we were doing Murli classes. We readily cleaned and painted the house and also made all other arrangements in the next seven days. On 10th September, we started the new center with Baba’s blessings in Sathupally town. In the next seven days, miraculously my visa was cleared as the mission of my stay was accomplished. I was thrilled by the twists in the drama. I exclaimed, “Wah drama wah!”

Now the concept of drama

was so clear in my mind that I could comprehend well why the person (Rama Bhai) who started my worldly career also became instrumental in shaping my spiritual career again after 13 years? Why did I have the strong desire to visit Madhuban within only three months into *gyan*? Why did I offer myself as an instrument for Service? Why a consulate officer did keep my visa pending for no reason? How did it get cleared in just seven days after the center opened? How did I name my kid as PanchaJanya (Conch shell which is a symbol of Knowledge) even before I got into the *gyan*? Is this evidence not enough to prove that each event in the drama of life is predestined?

Who else other than Baba can write such a wonderful drama? Each Soul has a unique role to play. Each day brings a variety of situations. Each scene has a definite purpose and reason. Whatever happens always happens for good. Our duty is only to accept and enjoy the journey.

### **NURTURING UNDER HIS UMBRELLA OF LOVE**

People on the path of devotion say God is omnipresent but I have realized God is omnipotent and ever present for His

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children. He calls Himself an obedient servant of His children because He is relentlessly offering His help all the time but we are so blinded by the dust of our ignorance and by the lust for material world that we are unable to see Mr. REAL though He is there with us and for us all the time. Baba knows what is needed for His children. Unfortunately, the children often forget Him and remember Him only in desperate moments. He is a benevolent father who knows only the business of loving and giving.

I have always been getting His support whenever I ask for it. It's been about two years since we became companions. I have many instances where my Baba stood by me and gave me His support.

When I was on my trip to India, I did not have access to listen to Murli everyday. But I was desperate for my daily dose of nectar (knowledge) and see my spiritual surgeon. He is so kind that He arranged this too wonderfully as Rama Bhai's family came forward to read Murli over phone from USA, staying thousands of miles away from me. B.K. Bro. Surat whom I met only once at Shanti Sarovar, Hyderabad, sent me words of wisdom over email, regularly. Blessings from Sisters Aruna of Khammam and Manju

of Secunderabad helped me a lot to stay stable and strong through thick and thin.

Life is not going to be easy when you are the only B.K. in the family; I have to deal with many tough situations. Baba has always been giving me His supportive hand in my needful moments to pass through these trials. I am so thankful to Sis. Kusum and B.K. family of Milpitas, who are sustaining me every day. Baba is the supreme coach who offers wonderful techniques; tools and methods to defeat Maya. Baba also gives opportunities for service because when you have a true heart for service it comes to you automatically; you do not need to run for it.

The other day, Sis. Kusum asked me to hold a seminar on "ANGER", the devastating emotion. I agreed but again I was not sure how I was going to do it. I surrendered to Him and said, "Baba, you have to do this task. Just use me as your instrument. I am not capable of doing it on my own". After the seminar was over, the feedback from all the brothers and sisters was overwhelmingly positive and I knew, once again He had proved His support; so I credited all the praise to Him. It was an unforgettable experience.

Spiritual life in this Diamond

Age is the most precious period in the cycle of this eternal drama. I experience the countless blessings and unconditional love from my Divine Father. I have the access key to the unlimited treasure-trove and I am making my own fortune. I am dealing in the most profitable business by offering the dirt within me and getting the divine virtues in return. I clear all my *karmic* accounts by abiding by *Shrimat* and by the remembrance of my LORD. I take a holy dip every day in this Gyan Ganga to remove all my dirt and dearth and emerge more and more powerful. Now I can claim with confidence that I am a transformed person.

When we make Baba our companion, when we have unshakable faith and determination, impossible becomes possible. All the obstacles become opportunities.

Now I know the path, I know the destination, I know the reward and I have the most experienced guide beside me. I am sure I will get there. It's a promise made by my sweet Baba. He has done a deal with me. I can say for sure that we did this before and will do it again.

By the way, I am on my journey to heaven. Would you like to accompany me? ●

# MATESHWARI JAGDAMBA SARASWATI

– BK (Prof.) Ved Guliani, Hisar

A simple but talented girl Radhe became 'Om Radhe' and her dedication to spiritual human service lovingly earned her the titles of 'Jagdamba', 'Saraswati' and the 'First adopted child of Brahma'. In her effective and affectionate role of Yagya- Mother she was steadfast in her resolve and performance despite many hindrances, obstacles and hardships.

It is beyond words to sing praises of Rev.Mamma who is the Mother Saraswati, but her valour remained undisclosed and covert, just like the river Saraswati, which is invisible even in Bhakti's confluence of rivers (Sangam) the Ganga, the Yamuna and the Saraswati. Mamma was first the Radhe, then Saraswati and then became Jagadamba. Not only her vision and gaze but listening to her, transported one to the Paramdham. In a way she was exceptionally talented, in making them feel incorporeal. She looked simple in appearance, but when she

started speaking, the spiritual air would pervade all around and the listener would undergo a desire to change over and become identical with Mamma.

### **Yearning for Learning**

Mamma inculcated in each soul coming in contact with her, a yearning for learning. When, during the Service Period (Sewa) one was given to play a nurse, Mamma taught the values of patience, dedication and selflessness. Rajyogini Dadi Janki, the present Chief Administrator of the Brahma Kumaris says, "I was new to the Yagya, when one day sitting with her in Karachi (now in Pakistan), I asked, "Mamma, what endeavour (*Purusharth*) should I undertake?" She said, "Consider every moment your last moment." Mamma never spoke in excitement or in a hurry. She knew how to put an end to futile thoughts emerging in the minds of others and made them change their tone and topic and they would feel as if she



were singing a lullaby. But this lullaby didn't make her listeners sleep but it would arouse their soul, since she knew the art of changing the futile in no time.

### **Sense of detachment**

Once Mamma came to Pune and stayed there for one and a half months. She would daily get the Murli notes written by Dadi Shanta Mani. Mamma would read those notes, and would listen to Baba's Murli and the tape also daily. This was her daily routine. She being firm was quite ardent in her conduct. Even the news of someone's death did not disturb her as she took it as a part of the Drama. During her visit to Bangalore, the brothers and sisters of the centre exchanged a lot of divine love with her. When she was parting almost everyone had moist eyes, but Mamma remained in a firm and steady

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state of mind. And when she left the Pune centre, the brothers and sisters asked whether she would forget them once she would go away. In a very simple manner she said, "What else?"

Rajyogi Brahma Kumar Jagdish Ji once recalled his experiences with Mamma and said that she was no less than 'Divinity incarnate'. The Goddess Saraswati, the Om Radhe, knew the deeper meanings of life, soul and God and practised all this in her practical life even to their minutest details. He recalled an incident in Delhi, where a person, whose wife was regular in her practice of the BK ideology, would harass her on the subject of 'purity'. He even tried to be violent not only with her but also with the brothers and sisters of the BK centre. One day, he reached the Rajouri Garden Centre with the intention 'to settle the account with 'Mamma', who at that time was at the top floor of the building. Violently searching for her in all the rooms, he finally reached the top floor and found Mamma sitting in a chair in one of the rooms. Though there was a cot also in the room, Mamma got

up from her chair and offered him to sit there and said, "Come my child! What brings you to me?" It was so full of motherly love and affection that the man could not believe his ears. Spell-bound he looked at Mamma and uttered, "O Maa, my Mother!" All the complaints and questions were gone and there was only purity and affection surrounding the atmosphere. He was surprised that instead of turning him out or at least snubbing him for whatever he had done to the centre, she had not only been humble and polite, she even offered him her chair. He just sat there and kept receiving the Drishti (the Divine blessings through the gaze). The encounter with Mamma changed him completely.

#### **Calm and Humble**

Mamma was always calm, humble and affectionate. She was a role model of a divine and virtuous life to the followers of the Brahma Kumaris. She treated everyone like her own child. It was not just the Brahmakumars or Kumaris but all human beings were given this status of being her beloved children, irrespective of their age. She made no

distinction between friend or foe, man or woman, high or low and young or old. She was an ascetic as without this quality one cannot overpower the body-consciousness.

During the early days of Yagya, there was a lot of anger against the BK organization amongst people. Many people would often speak ill of Brahma Baba. We learnt it from Mamma's life that we should contain ourselves and show not even the slightest of our resentment. She made us all realize that like her, we too should have the qualities of tolerance, sweetness, humility and decency towards one and all. But unless you have a role model or a guide, whom can you follow? Her life was clear, transparent, serene and bright like a mirror. Whosoever went to her, friend or foe, all underwent this experience and said, "She is my Mamma, our Mamma." Such was the charm of her presence.

#### **Service through Mind**

Baba used to tell us time and again, "Child, you should be so perfect that you can render human service through your mind. At the end of the

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world drama people will be so frightened and disturbed that they will have no time to come to you for help nor shall you have time to help them through words or deeds. You could be able to serve them through your power of silence and thoughts only.” We have not been able to attain that level of achievement which Mamma had in a short period of time. Baba did not ever have to repeat his suggestion to Mamma. That was her unique characteristic that once she heard Baba saying something, she adopted it in all seriousness and asked no questions nor did she contemplate on the justness of what Baba had said. There was no need for any repetition or persuasion. That is how Mamma left her old impressions and sanskars and moved on with new zeal and zest endorsed by Baba.

The senior brothers and sisters of the Godly family, who have seen Mamma in her childhood, recall that her face was always serene yet full of joy and happiness. Though she was all natural and normal i.e. wearing a frock and socks, long hair but her face had a peculiar expression of divinity

.That time they did not know much about divinity but there was some inexplicable charm and attraction in her personality.

#### **Enthralling melody**

Once Baba composed a song, which Mamma sang on the basis of her experience. The song went something like this : “O friends, coming here in the company of the celestial, I feel as if I have entered a sanatorium where my ‘eye of knowledge’ is opened and I am blessed with a new vision. I feel myself blessed only when I close my old and dull eyes towards the old vicious world. That is what I have experienced.” Initially people used to address her as Radhe but when she started singing the melody of ‘Om’ and when people found her completely immersed in the incantation of Om, they started calling her Om Radhe.

Brahmakumar Bhagwati Prasad from Patna describes his experiences with Mateshwari Jagdamba in the following words:

I was really impressed with the knowledge and experience of the Brahma Kumaris. Everything they said touched my heart and soul and forced

me to realize that this was the only truth. But sometimes though the brain accepted, yet the heart seemed to linger in disbelief. I pondered whether the God of the Gita would again be incarnated to reveal the mysterious Knowledge about Life, God and the World Drama’ and to destroy the Kaliyuga and establish the Satyuga as He did at previous sangam, five thousand years earlier. Such sublime truths sometimes appeared to be beyond the grasp of human mind.

“I was in such a state of mind, when after a few months I heard that Mamma, Mateshwari Jagadamba Saraswati, was scheduled to visit Patna. During those days, whenever I heard the senior brothers and sisters narrating the virtues and qualities of Mamma, I thought that these BKs are very simple and innocent people. More over, I was thoroughly incredulous, logical and a man of rational temperament. “How can I consider her a ‘Godly Being’? I must verify before I accept anything”. Such was my bent of mind. Hence when she came, I did not address her as Mamma or Mother. I did not

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even wish to address her as 'Saraswati' since I thought that she might be like any other Brahmakumari sister or may be a little higher and better than those I knew.

"Finally the time of the 'Rendezvous' came. But believe me it was just like receiving a fresh breath of life, as if someone was born into this human world. Her arrival in Patna in the month of December appeared like a mother cooing sweetly that lulled the crying child to deep sleep. A little later she was in the class to address us all. The moment I looked into her eyes, this divine meeting made me feel as if some spiritual being had touched and changed my inner self with celestial awakening. And then in Wordsworthian words "I gazed and gazed, but little thought..."

Every feature and expression of her displayed a serene sense of divinity. It seemed as if this 'super-human being' was transmitting the vibrations and rays of divine love, sympathy and spiritual power to the people around and filling them with virtues and qualities of a spiritual existence. Her gaze was so pure and serene that it

pierced through our whole existence. Love and affection showered from those eyes and the melody of the voice left an indelible impression on the listeners. I just wondered whether a human being could ever speak so sweetly and still appear untouched in her facial expressions. Words fail to express what she was like, but each soul wished to be closer and closer to her. In describing her, I was reminded of what the Saint Tulsidas had once said, "If only the eyes had a tongue to speak. If only the tongue had the eyes to see."

#### **Life of Principles**

Mamma always led a life of high principles. In her discourses, she explained and clarified the subtle subjects of the Karma, Vikarma and Akarma i.e. the action, the evil or sinful action and the neutral action. She also explained the secrets of joy and sorrow, pleasure and pain as experienced in human life. The significance of one's deeds and the consequent sufferings and joys, and the relevance of Karma-Yoga (remembrance of God during day-to-day functioning) were some of the topics which

Mamma would often speak on. Whosoever was ever associated with her in godly service, had the first-hand experience of her divine virtues and purity in thoughts, words and deeds. One also found in her an ideal student as well as a dedicated, sincere and selfless teacher.

#### **Role Model**

No wonder, therefore, that this 'Divinity Incarnate' remained the guiding and inspiring role-model to human world till the last moment of her worldly life and has left indelible footprints on the sands of time. Those brothers and sisters from Punjab who had gone to meet her at Pandav Bhawan on June 23, 1965 – a day before she ascended the divine world – still rejoice in the experience of meeting this smiling and cheerful soul offering them the 'Toli of a Mango' with her own pure and pious hands.

Would it be too much to say (rather expect) that our true sense of appreciation lies not in words of praise but in following whatever Mateshwari Jagdamba Saraswati said and practiced in her mortal life?

# RAJYOGA – TRAINING TO STAY AGILE AND ALIVE

– B.K.Ranjit Fuliya, Delhi

**R**ajyoga meditation is a mental training to have mental communion with the ultimate source of the divine energy we call by various names – God, Ishwar, Allah, Waheguru – He is the Almighty Authority. This form of meditation doesn't teach us to remain passive. Instead, it trains us to be active and vigilant; awake to the unfolding situations and facing problems with calm and quiet attitude, while maintaining our inner poise and equilibrium. Rajyoga meditation also helps us advance in life and it becomes a means of spiritual service for our fellow beings. I have experienced it on a number of occasions. Presented below is a spiritual experience which the esteemed readers might find useful.

This incident took place more than 15 years ago. Those days I was working as a senior executive in National Insurance Company Limited. During summer season, I made a programme to accompany Captain Madan Lal, a close friend, to participate in a Personality Development

Programme for Youth, organized by the Brahma Kumaris organization at their international headquarters, Mount Abu in Rajasthan. We had reserved our berths in a train which was to depart in the evening. Captain Madan Lal didn't turn up at the station. To my utter surprise, he informed that he was in Patna as he had been summoned to report for official duty when he was about to leave for the Railway Station, and in a hurry, he couldn't inform me about it. Being aware of the nature of his duties, I took it casually but decided to proceed with my journey. The spiritual education gives the understanding that there is benefit in each and every incident, even if the present situation appears to be bleak.

While entering the compartment, I saw two passengers standing at the platform. It seemed that they had some problem and needed help. I enquired them and assured all help on my part. One of them, a gentleman aged about 60, informed that he was

from Dehradun and had planned to visit Mount Abu to participate in the same programme in which we were going to participate. The second passenger was a young lady, who was also going to participate in the same programme. As they were wait-listed, they were still in a dilemma whether to board the train or not.

When they were assured that efforts would be made for getting their berths reserved and they could travel with me on my reserved berth, they boarded the train. As I was travelling in 2nd class sleeper and they were booked in IInd A.C., I could appreciate their considerable commitment to the programme. In fact, seeing that commitment only, I ventured to give them the discomfort of traveling in non-A.C. compartment.

When the TTE came, he was requested to help them. After about an hour, he told that one berth was available and keeping in view the age of the gentleman, he offered it to him. This gentleman was a former minister in UP government and he was accompanied by his gunman, whom I accommodated on my berth.

The lady was still in the waiting list. When the train

*(Contd. on page on. 27)*

# HOW THE ALMIGHTY CREATES A ROLE FOR US!

– **Captain Madan Lal,**  
Dy G.M., Air India, New Delhi

*{The spiritual knowledge imparted by incorporeal God Shiva through his corporeal medium Brahma Baba, emphasizes that all events are ultimately beneficial for us, even if they apparently seem otherwise. This perception has also been an important pillar of spiritual thinking in India since time immemorial. **Captain Madan Lal**, Deputy General Manager (Operations), Air India, New Delhi shares herewith a personal spiritual experience highlighting this very phenomenon. Steeped into spiritual way of life, he has had the unique fortune of receiving spiritual sustenance from **Rajyogini Dadi Nirmal Shanta ji**, laukik daughter of Brahma Baba. He has been flying for Air India for the last 25 years as a Commander on Airbus 320, A 319 and A 321. **Captain Madan Lal** is also an Instructor on all the three aircrafts mentioned above, imparting training to Commanders on flying skills, also testing and clearing them to fly as Commanders. – Editor}*

**T**his experience that I am going to share with esteemed readers brings vivid memories to my mind. It is about a holy trip to Mt Abu during one summer season which Ranjit Bhai had very kindly planned.

It was all set; I had planned to reach the Railway Station for our journey to Mt Abu for which Ranjit Bhai had already booked our tickets.

On the day of travel, I got a call from my airline office informing me that suddenly I was required to operate a flight to Patna as the Commander briefed to operate that flight had fallen sick and it was a request from the highest authorities. When I expressed my inability to operate that flight on account of my programme to Mt Abu and

my train journey to that effect, they told me that the round trip flight's arrival at Delhi was well in time for me to go to Railway Station and continue with my programme. Seeing the urgency and need of the Company, as a senior management official, I had no option but to agree to operate the flight. I did so to avoid inconvenience to the passengers on the said flight and to avoid putting my Company in an embarrassing situation, as my refusal would have caused cancellation of the flight. I proceeded to the airport and undertook the journey.

As fate would have it, Patna had poor visibility and thunderstorm on arrival. I had to hold in the air for the weather to improve. It took

quite long to get the desired weather and visibility on Runway and I landed safely at Patna Runway.

That was not the end to my woes; immediately after landing the weather again got bad and below my legally required minima to take off for my return flight to Delhi. I helplessly waited for the weather to improve, worried and apprehensive now lest I should be late for my train departing from Delhi for Mt Abu.

Realizing the uncertainty which had crept in by now and being doubtful about my reaching in time, I made a call to Ranjit Bhai explaining the situation and my helplessness, to which he reacted in a very polite and mature way and told me not to get perturbed and concentrate on my sensitive job of flying.

Ultimately, when the weather cleared and I took off, I was late and there was no possibility of undertaking my Holy Journey to Mt Abu. I was obviously very disappointed and sad about missing the trip which I was so excitedly looking forward to.

I had to console myself and my family telling that sometimes things don't work out the way they are planned despite our whole-hearted efforts, but the guilt of not being able to reciprocate the gesture

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of my dear friend Ranjit Bhai kept me unhappy for quite some time.

But God has his own ways of moulding and shaping things for a better cause which I would later come to know from Ranjit Bhai.

Ranjit Bhai continued his journey as planned and accompanied two other passengers who I came to know happened to be pioneers and role models in their own fields. One of them who travelled to Mt Abu was the pride of country Ms Santosh Yadav, the first Indian Lady to conquer MOUNT EVEREST, the highest peak of the world. She repeated the great feat and conquered the peak once more subsequently.

And believe me, the regret of lost out trip vanished immediately and was replaced by the sense of elation after realising that my missed trip had resulted in enabling Ranjit Bhai to serve two great souls of this country. Ranjit ji could accompany and guide two very special souls to the gateway of Peace and Purity—BRAHAMAKUMARIS.

Ranjit Bhai has shared that experience in his own words. After reading it, I realised that it was for the better that I missed that trip, which filled me with immense joy and gratitude for the Almighty. It became clear to me how the Almighty created a role for me in the above episode which indirectly enabled me to be a part of Godly Service which Ranjit Bhai extended to those two great persons.

I often cherish this memory and feel joyous and happy.

**(Contd. from page no. 25)**

crossed Rewari, the TTE informed that there was another berth available but there was a problem. The berth was in the double coupe, wherein one gentleman was already occupying one berth. The TTE referred to the rules and informed that he could accommodate two ladies or two gents in the cubicle, but not one lady and one gentleman. He was adamant, quoting that his services could be terminated for the violation of this rule.

The lady asked the TTE to allot the berth to her, stating that she has been brought up in a different environment, and that she was not afraid of anything. I told him that she was Santosh Yadav, who had conquered the Mount Everest twice and on our request he allotted the berth to her. After reaching Mount Abu, they were taken care of by the persons who had invited them to the programme. Had Shri Madan Lal not missed the programme, perhaps I would not have been able to meet and accompany two noble souls to the mind-elevating and spiritually enriching programme at Mount Abu.

Nothing is impossible in the world, if we have firm determination and belief in the ultimate goodness of mankind. Our indomitable will can achieve for us anything in life. This has been proved by Santosh Yadav. She is a phenomenal woman and her strong will, perseverance and mental stability helped her conquer the Mount Everest in the year 1992, when she was hardly twenty. She gave special care to a climber who lay dying at the South Col. She also saved another climber Mohan Singh and shared her oxygen with him. She again conquered Mount Everest within the next twelve months. With the spirit of a conservationist, she brought down 500 kg of garbage from the mountains. The Government of India conferred upon her the prestigious 'Padma Shri' award. When she unfurled the National Flag on the Mount Everest, she said, **"I feel proud as an Indian"**.

Both the guests enjoyed the hospitality of the Brahma Kumaris organisation, participated in its various workshops held during the conference, got inspired a lot and returned with a renewed zeal and fervour to serve the society.

# GOLDEN MOMENTS WITH DADI NIRMAL SHANTA



– B.K. Rukmani, Shantivan

I am very lucky to have got a golden opportunity to be with Rajyogini Dadi Nirmal Shanta, who was not only the prime jewel of this yagya, but also *laukik* daughter of Prajapita Brahma who was the corporeal medium of Incorporeal God Shiva for establishing this spiritual organisation. She was a flawless and virtuous soul, with a wonderful personality. I got this great fortune to live and serve with her since 1964. Ever since Brahma Baba sent her from Mumbai to Kolkata for Godly service, I came in contact with this great soul.

From the beginning, I used to remain around Dadi. Despite having tough bondages from my family, I had a great respect for Baba and her. My mother too had a lot of love and respect for Dadi. I was just 11 when I went to Ranchi along with Dadi for Godly services. Thereafter, Godly services were started in Bihar, Orissa, Assam, Tamil Nadu and Nepal which were under the administrative control of Eastern Zone of the Brahma Kumaris organisation. Dadi also

spent some time on Godly services in Tamil Nadu. Under her guidance, the services in Eastern Zone flourished by leaps and bounds.

Despite being the in-charge of such a huge zone comprising many states (e.g., West Bengal, Assam, Bihar, Orissa etc.) as well as neighbouring countries Nepal and Bangladesh, she took care of the same as an instrument of the most beloved Bap Dada, i.e., Incorporeal God Shiva and perfect angle Brahma Baba.

Brahma Baba had assigned to her the responsibility of running the centre at such a critical time when the *yagya* didn't have enough funds. It was difficult to pay the monthly rent of Rs. 600 for the centre's premises. There were only a few students or spiritual aspirants who attended the centre. Such a small seed sown at that time has now taken the form of a gigantic tree with many branches. She along with Sister Rosy (Tamil Nadu) managed this huge zone. Due to poor health of Sister Rosy, Dadi took her responsibility,

along with other senior brothers and sisters of the zone. At that time Avyakt Bap Dada gave blessing to her, "You just remain seated there and the rest will be taken care of by Baba." When asked how she managed such a big zone, Dadi would always point towards Baba. She didn't have even the fraction of feeling of 'I' and 'mine'.

## A Unique Spiritual Intoxication

Once, Avyakt Baba said that Dadi had a spiritual intoxication of being the daughter of three fathers. Then Dadi instantly said, "Why three fathers? I'm the daughter of four fathers." Then, Baba said, "How?" She told Baba that in *Satyuga* also, she would be the daughter of Brahma Baba (who will be Narayan as per Godly knowledge revealed by God Shiva through the medium of Prajapita Brahma)." Hearing these words, Baba too blessed her with this blessing.

## Royal Tendencies

From the very beginning, Dadi had royal habits befitting the gods and goddesses of

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*Satyuga*. I noticed in her, the tendencies of royalty of Golden Age as well as practical example of Godly code of conduct.

### **Inspirational and Wonderful Teacher**

She possessed a magnetic personality. Her words were sweet and actions were perfect. Everyone who came in her contact was pulled by her and felt the desire to attain something valuable from her. Her way of teaching was also very simple but mesmerizing.

### **Regular and Punctual Spiritual Practitioner**

We observed that Dadi was regular and punctual in daily spiritual routine such as doing meditation at 'Amrit Vela', maintaining and checking chart from morning till evening etc. Her daily routine during morning used to be – attending morning *murli* class, washing of clothes or cutting of vegetables etc. She missed no chance of teaching royal manners to the sisters whosoever came in her contact. I still remember how sometimes, when the sisters working in the kitchen got tired and the Dining Hall had got completely messy, Dadi would herself clean it or get it cleaned. Besides she would do many other chores in the kitchen.

### **Always saying 'Yes'.**

Dadi always made the part of saying 'Yes' firm in us. She would always remind us Baba's *Shrimat*, i.e. Godly advice, "Never say 'No'; always say 'Yes'." Once, a very big programme was going to be held in Kolkata. In order to make all proper arrangements for the programme, Dadi would give us her valuable guidelines such as 'if anyone would ask for milk at night, never say no to him/her'. I was assigned the duty of making and serving tea. Once the same thing happened about which Dadi had taught us. A sister asked for milk at 1.30 a.m. Although that elder sister had asked for milk at an odd hour, I provided her milk because I had the teaching by Dadi that we should never say 'no' to anything; but have to be alert in service. We shouldn't even think of our tiredness.

### **Always Giving Sweet Teaching**

Dadi ji would say that Brahma Kumari means the one having the attitude of renunciation. The intellect shouldn't go even fractionally towards worldly materials. Whatever articles we got from our family, Dadi would hand over the same to Santari Dadi. Then, she would check our mental state if we had any attachment with those articles

or not. When we'd go for Godly service, then, Dadi would give us as much money which was just sufficient to meet bus fares. Dadi would advise us that any Godly service, whether big or small, has to be done with great heart. There should be no pomposity in it.

### **Simple Food in Godly Remembrance**

While taking her food, she would not talk at all. She would offer first piece of Brahma Bhojan to some other person at the centre. Then only she would start the meals. She would never take food containing spices, chillies etc., nor would let any other sister take the same. And she would remind us the Godly versions that in *Satyuga* the deities would be simple and sweet. There will be no bitterness there; the same *sanskars* have to be instilled into us from the Confluence Age.

### **The Tendency to Teach**

Once a brother started coming to our centre from his office, and would have tea and *toli* (sweet). He would donate some money every month at the centre for Baba's service. For quite some time, he didn't offer anything to the sisters at the centre, to see if Dadi would ask him for it or not. However, the behaviour of the sisters was the same as before; there was no

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difference at all. When that brother admitted that he had not put anything in Baba's box (*Bhandari*), then Dadi immediately said, "Whom do you give? You give to Baba, not to us. Baba feeds us; you don't feed us." Hearing such an authoritative reply, the brother was amazed and began to think. We faced many such people checking our faith. That is how the tradition of donating the money into Baba's *Bhandari* only was started, according to which one was not required to give money in someone's hand. Moreover, if she would find any two sisters sleeping on the same bed at the centre, she would awaken them and would tell them that this was against the Godly code of conduct and ask them to sleep on different beds. Thus, she would teach Godly code of conduct in each and every aspect.

#### **Her State of Detachment**

In Dadi, I noticed the state of detachment from very proximity. Baba says in *Murlis* that this state is very high, deep and subtle. Once, her daughter Ratna had come to Kolkata. She had a complaint against her mother, i.e., Dadi Nirmal Shanta, that she did not love her as much as the sisters at the centre, which would sadden her mind at times. But Dadi didn't have attachment with Sister Ratna.

According to Dadi's younger sister Dadi Puttu, when they came from Pakistan to Abu, Dadi Nirmal Shanta's mother-in-law came to Mumbai to meet her. At that time, her mother-in-law had a box of ornaments in one hand (which Brahma Baba had given to her in her marriage) and had her daughter Ratna in another. She asked Dadi Nirmal Shanta, which of those two she would like to have. Dadi remained quiet. Her mother-in-law was good to her from the very beginning. She handed over the box of ornaments to Baba and told Baba that she would not hand over the girl, i.e., Sis. Ratna as she would herself take care of her. In other words, leaving a four-month old daughter is enough to prove the height of her detachment.

#### **Ever-Cheerful Face**

Even during physical illness, there was no trace of sorrow on Dadi's face. Once she kept repeating the words 'Shiv Baba' and 'Brahma Baba' throughout the day; saying no other word. Even when she was undergoing critical health problems, she would meet the doctor and talk to him with lot of love, feed *tohi* (sweet), singing Baba's songs; thus, keeping all the people spiritually entertained. And at the same time she would also remind them of Shiv Baba.

Whoever came to meet her was welcomed by her ever-cheerful face. There was no trace of pain on her face. She had an ever smiling, happy face like a blossomed flower. She would never elaborate her health problems. There was no feeling of ageing on her face.

#### **The Secret of Longevity**

Dadi possessed great will power. She wouldn't talk about anything except Shiv Baba as if she was living through her will power and Baba's power. Despite suffering from diseases such as diabetes, high blood pressure and eating disorders, she would keep smiling. There was no trace of sorrow, pain, or worry etc. Besides, she would speak economically, slowly and sweetly. No one ever noticed her talking ordinary words. She would even ask others to remain quiet and inspire them to remember Shiv Baba. That's why her words were accurate, apt and meaningful. She would make others happy through her sweet words.

#### **The Last Days**

During her last days, we noticed her getting more and more disinterested and detached. She would open her eyes and then close them, as if she was absorbed in the sceneries of Golden Age. If someone had come to meet her

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and I asked her the name of the visitor, sometimes she would tell the name clearly, while on other occasions she would say that he/she was her brother/sister or would conclude by calling him/her soul. She had no feeling of 'self'; there was no body-consciousness. It was such a tension-free state.

Even though her health was not good for quite some time, yet her spiritual effort and state was wonderful. Her name Nirmal Shanta (Nirmal means pure, while Shanta means peaceful) truly reflected the immense purity and peace she had attained through Godly knowledge and remembrance, besides the power of tolerance, which was quite evident for last 5-6 months. The severe the disease, the stronger was her mental power. To add humour, she would advise the doctor, "Don't inject to frighten, but inject lovingly." Truly, it was evident that Baba would make her flawless and perfect in this last birth and take her directly to the Subtle World with no *karmic* account left unpaid.

Once Dadi was in hospital and according to that day's *murli*, there was a point that the eight jewels would go to the Incorporeal World directly without being subjected to any punishment, whereas those in the rosary of 108 would be

subjected to little bit punishment for their *karmic* account. Then I asked her, "Dadi, in which rosary would you come?" Then, she instantly replied, "I will become one of the eight jewels." She continued that when she became daughter of the soul of Krishna, i.e., Brahma in the last birth, then it is for sure that she would be the daughter of Shri Narayan too. So, she had always this divine intoxication, which reflected from her eyes. Her conduct and behaviour were royal. Even she didn't have this subtle ego that she was the daughter of Brahma because if someone called her by that name she would silence him/her by saying, "Aren't you the son/daughter of Brahma?" Thus, by telling such things, she would infuse zeal and enthusiasm into one and all. And if someone would say "Namaste" to her, she would reply, "Namaste; *sada raho hanste*" (i.e. by reciprocating the Namaste, she would give him/her the blessing to remain ever-happy.) This was the great *mantra* she bestowed on one and all without distinction.

#### **Her Brief Life Story**

Dadi Nirmal Shanta was born on 25th October, 1916 in Hyderabad (Sind), now in Pakistan. She was the third of the seven children of Dada Lekhraj and Jasoda Mata. She

was named Parvati; however, Baba would lovingly call her 'Paloo'. She was married in a very rich Kriplani family. At the age of 60, Dada had a divine vision of the destruction of old world as well as the creation of a new Golden Age. Whoever went to him saw Shri Krishna or Shri Narayan in him. Earlier, Dadi didn't like these unprecedented things, but later she automatically got firm faith in God's divine knowledge and had great love for Shiv Baba who had made Dada Lekhraj as His corporeal medium for the transformation of this old vicious world into new heavenly world. She gave birth to a baby girl named Ratna. But due to immense faith in God and Godly knowledge, she left her in her in-laws' home and became a liberated soul.

In this Godly *yagya*, created by Incorporeal God Shiva through the medium of Prajapita Brahma, where all disciples had to live along with Brahma Baba and Mateshwari Saraswati (i.e. the first administrative head of the organisation, who due to her deep inculcation and meditative power was called Mateshwari Jagdamba Saraswati), Dadi Nirmal Shanta was taught by Brahma Baba everything from stitching a slipper to driving car etc. She passed every test in the *yagya* successfully, which came in the form of health  
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'Srigatou' which stands for a person who is the river or ocean of divine consciousness and in whom, divine knowledge vibrates constantly, just like water moves in a river. Saraswati is also given the names, Kamla and Padma in the scriptures. Both these names mean: 'The Lotus'. Since Lotus is a symbol of detachment and purity, which are essential characteristics of a spiritual person, these names also signify her spiritual qualities. These names further show that Saraswati was not her 'Physical name' but her spiritual title as 'Kamla' and 'Padma' were.

#### HER OTHER CHARACTERISTICS

Her other characteristics are given in verses and are depicted by associating certain symbols with her.

**Banjo (Veena):** Banjo is a musical instrument that requires great control and mastery over the strings. Therefore, it signifies control over one's physical organs or over one's actions, for banjo is symbolic of life and its strings are symbolic of the feelings, emotions or sensibilities and sensitivities. So, banjo in the hands of the goddess of Knowledge indicates the delivery of knowledge as one delivers

musical notes, i.e. imparting knowledge in an artistic and masterly manner. It also implies the rhythmic mind of the person who holds it, and her control over her physical organs.

It is noteworthy that the banjo played by Saraswati, is named in Sanskrit literature, as '*Kachchhapi*' meaning: 'a female tortoise'. Some artists portray her banjo with its upper end in the form of tortoise. A tortoise, withdraws its organs when it does not have to move and act. This withdrawal from physical senses, i.e. this introversion is essential to the attainment of spiritual knowledge. One who is withdrawn, alone can play well or enjoy well the musical notes of the banjo of Godly knowledge.

**The Book:** Saraswati had deep interest in divine knowledge and she also imparted that knowledge to others. She practised the spiritual discipline and also trained others in the art and science of life. But, as the name of her banjo was Mukta-Chhandi, she did not read out or elaborate knowledge from any book or scripture, rather she herself was an authority on divine knowledge wherefore she is known 'goddess of knowledge'.

**The Rosary:** Rosary is symbolic of concentration of

mind on God or 'loved remembrance of the Supreme Being'. The rosary, shown in Saraswati's hand, is called '*Sphatik Mala*' symbol of *paradarshni vidya*, i.e. knowledge through which one can see the reality. It should be of interest to the reader to note that in the science of symbolism, everything portrayed has some significance and, therefore, the thumb, the third finger and the finger next to the index finger, which are shown as holding the rosary, are symbolic too. The thumb is considered to represent Guru or the spiritual teacher, the third finger is indicative of the knowledge and the finger next to the index finger is symbolic of 'the known'. In this symbolism, knowledge is given a central or important position. In other words, her meditation and concentration were based on knowledge and not on blind faith or mere *Bhakti*.

**The Swan or Hans:** Saraswati is shown sitting on a swan (*hansa*), which in Indian sacred lore, is considered to have very great power of discrimination between right and wrong and between the pearl and the pebbles. The *Hansa*, as carrier of Saraswati, means that she led her life with high power of judgement, without getting attached to and affected by the

world. This shows that Godly knowledge does not ask us to renounce the world and action. On the contrary, it gives us power of discrimination and becomes for us a vehicle to swim across this world without getting adversely affected by it. Besides, the white swan symbolises 'Purity' which again leads us to an essential truth that it is Purity which should be our carrier.

**Peacock:** Peacock has colourful feathers but it has some unedifying traits and habits. For example, its moods keep on changing; it is greatly influenced by change in weather conditions and it weeps because of infatuation. These are the traits opposed to what a yogi is expected to have. So, peacock is symbolic of worldly knowledge and one's gains in name and fame, adding colourful feathers on achieving success in various fields. This worldly knowledge is not the carrier of Saraswati but is shown as waiting to be used, near the feet of Saraswati; it is not used by her as her vehicle.

Thus, it means that the one, who attains spiritual knowledge, has worldly means at his disposal for achieving success but he does not use these. He is, therefore, not carried away by fluctuating moods or by infatuation.

**White lotus:** Divine Mother Saraswati is shown seated in a lotus flower. This flower is mainly white but has a light reddish tinge also. The white represents purity and light-red symbolises dignified and graceful activity. This is, therefore, symbolic offer graceful and righteous way of doing things and of her truthful and righteous intellect. It signifies that for attaining realisation, and for going into the depth of Knowledge, one has to perform activity congenial to this.

**Banana Leaves:** The trunk of the banana plant is made up of multiple layers, each covering the one that is underneath it. If you remove one layer after the other, you will find, ultimately, nothing to remove. It is, therefore, symbolic of finality in

knowledge or penetration into the depth of knowledge. So, this implies that the knowledge that Saraswati delivers has great truth in it.

**White clothes and white ornaments:** As described in the verse, quoted in the beginning of this article, Saraswati is shown clad in spotless white clothes and all her ornaments also are snow-white, which is symbolic of her chastity and absolute and ultimate purity.

#### **WHY IS SHE CALLED 'MOTHER'?**

One very meaningful and pertinent question is 'Why is she adored as *'World Mother Saraswati'*. Perhaps, the reader knows that Saraswati is known as the divine daughter of Prajapita Brahma. So, first we need to know: 'Who was the Mother of Saraswati'? The name 'Saraswati', as pointed out already, was given to a virgin not on the basis of her physical birth but because of her spiritual birth delivered by Brahma orally. Someone might say that the name of Saraswati's mother was

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Gayatri who was not a lady but it is the name given to the sacred knowledge, 'sung' by Brahma. Further, the fact that Saraswati is herself regarded as Jagdamba – the World Mother – bears testimony to the truth that it was she who delivered Godly knowledge to human souls and gave them spiritual birth. In other words, God Shiva, the Knowledgeful, who gave that Knowledge to her through Brahma, was her spiritual Mother-Father.

#### **THE PERIOD ASSOCIATED WITH SARASWATI'S DIVINE ACTS**

Now the question is: 'With which period of history are life and acts of Saraswati associated?'

Since Saraswati and Brahma do the divine work of spiritual creation, their acts must be related to the ending phase of *Kaliyuga*, when divine Knowledge is required for soul-purification and to restore stability in soul-consciousness. So, Prajapita Brahma and Jagdamba Saraswati imparted teachings in these subjects at the fag-end of *Kaliyuga* which is the period of extreme degeneration. Moreover, human population of the world goes on increasing from *Satyuga* – the first Age – right up to the last

phase of *Kaliyuga* which is the right time to deliver Godly Knowledge because everyone will have a chance to have this Godly gift of divine knowledge.

#### **THE FRUITION OF GODLY KNOWLEDGE**

It has often been said in Indian sacred tradition that, by means of knowledge, a man becomes god like Shri Narayan and a woman attains the spiritual status of the goddess Shri Lakshmi. In fact, Lakshmi originates from the Sanskrit word '*Lakshya*' or '*Lakshma*' which means 'goal' or 'aim of life'. Therefore, Lakshmi, by semantic implications, is the goddess who is the goal of human life. As a Sanskrit verse says, she signifies the culmination of Godly knowledge and is symbolic of final attainment of health, wealth and happiness and is, thus, the goal for all. Naturally, therefore, Saraswati must have attained the status of Shri Lakshmi.

We have realized this truth by our practical experience because we have seen Jagdamba Saraswati in our own lifetime. We have seen the white-clad mother, whose life is a source of deep

spiritual inspiration to us. We have listened to her banjo of knowledge. We have had her motherly love and care. She practically helped and guided us to remove obstacles from the path of our spiritual endeavour. ●

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hazards as well as other tests taken by Brahma Baba to verify her faith in God.

In the year 2006, Avyakt Bap Dada asked Dadi to remain in Madhuban; consequently, I also stayed with her.

After remaining quite unwell for few months, she left her mortal coil on 15th March 2013 and ascended to the advanced party to play her new role for the forthcoming Golden Age. Her last rites were performed at Mount Abu on 16th March, 2013 in the presence of thousands of B.K. brothers and sisters. Thousands of B.K. family members, who got to meet her, are still mesmerized by their divine experiences with her. The pearls of words spoken by her are still transmitting the vibrations of zeal and enthusiasm to them. She will always remain in our memory through the indelible marks of her divine deeds. Multimillion salutations to such a divine soul!

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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